

ARALING SAGISAG KULTURA

Grade 10

Semi- Detailed Culture-based
Lesson Exemplar on Health Education

**Lana, Mananambal,
Pasma, Panghimasmo, Hilot, Patayhop**
Traditional Healing Practices
and its Practitioners

ni **JUVILYN MIASCO**

I. INTRODUCTION

Advancements in medical science and technology have benefitted many people. Most serious diseases can be cured, and many ill persons can be healed by modern medicine. However, there are still some Filipinos who believe in traditional medicine and consult local healers such as an albularyo, and a hilot. This lesson will help the students understand the cultural significance of healing practices in the Philippines and its local practitioners.

II. OBJECTIVES

General

Safeguard one's self and others by securing the right information about health products and services available in the communities.

Day 1:

Specific

With 80% accuracy, the fourth year students are expected:

Knowledge:

- Define traditional medicine, pasmo, panghimasmo, albularyo, hilot and lana.
- Identify the health benefits of traditional healing.

Attitude:

- Develop an appreciation of traditional healing practices.
- Compare the western health practices and sanitation to traditional health practices.

Skills:

- Categorize the herbal plants according to its medicinal value.
- Make a diagram of the procedure of panghimasmo.

III. Materials/Resources

References:

- Grace Estela C. Mateo, PH.D., Agripino C. Darila, Lordinio A.Vergara
- Enjoy Life with P.E. and Health IV, pp. 178-181 (Textbook)
- Filipinas Institute of Translation, and National Commission for Culture and the Arts. (2013) 2000 Sagisag Kultura ng Filipinas, CD ROM
- http://www.medicinenet.com/alternative_medicine
- <http://translate.sandayong.com/cebuano/english>
- <http://borbonnationalhighschoolalumni.wordpress.com/2013/08/11/tuob-tambal-sa-pasmo/>
- <http://pinoy-culture.tumblr.com/post/28521495834/hilot-traditional-massage-healing-practice-from>

Integrations:

- Arts: Role Play, News Reporting, Pick-Up Lines, Panel Discussion
- Sagisag Kultura: Lana, Mananambal , Pasmo, Panghimasmo, Hilot, Patayhop
- Values: Appreciation of indigenous practices

Materials:

- Pictures of Lana, Hilot, Mananambal, Albularyo and Panghimasmo
- 10 pictures of the medicinal plants approved by the DOH
- Word strip with the list of some traditional healing process, terms and definition
- Prepared activity card for the group work, prepared diagram for the evaluation and assessment.

III. PROCEDURE

A. ROUTINE ACTIVITIES

B. DEVELOPMENT OF THE LESSON

Motivation

Tell-and-share

1. Present to the class the traditional health practices done by the Bisaya:

Panghimasmo (Tuob)

Patayhop (Pabuhot)

Pahilot

2. Encourage the class to share their experiences regarding the traditional healing practices. The teacher can use the questions below as a guide for the students in their sharing.
 - a. What are the symptoms of those with pasmo?
 - b. What are the materials used in this (panghimasmo) traditional healing?
 - c. What do you feel after the treatment?
3. Unlocking of terms:
 - a. **Pasmo** - kadaot nga bation sa lawas gumikan sa dili pagkaon sa sakto nga oras. *Filipino translation:* masamang nararamdaman ng katawan ng tao kapag hindi kumakain sa tamang oras.
 - b. **Panghimasmo** – paagisapagtambalsapasmò, paglà-ga or pabukalugbahawngakan-on (dukotkay mas epktibo) sagulanug ice, coke, ugdahonsamangga. *Filipino translation:* Paraan ng paggagamot sa taong nakakaramdam ng pasmo, ito ay ang pagpapakulo ng kanin na may ice, coke, at dahon ng mangga.
 - c. **Pahilot/Hilot** - tradisyonal na paraan ng panggagamot sa Filipinas. Bahagi nito ang paghagod o pagmasahe sa mga kasukasan para mapasigla ang sirkulasyon ng dugo, mapaginhawa ang pagod na kalamnan, o di kayâ'y

- malunasan ang anumang uri ng pilay.
- d. **Albularyo** - tumutukoy sa manggagamot na gumagamit ng sinaunang paraan ng panggagamot. Kabilang sa mga pamamaraang ito ang pagtatapal ng mga halamang gamot at langis, pag-oorasyon o pagbulong, pagtawas, pagbabanyos o pagpunas sa maysakit.
 - e. **Lana** – gamit sa pagbanyos ng agikan salubi
Filipino translation: ginagamit panghaplos ng katawan mula sa langis ng niyog.
 - f. **Patayhop** – paagi sa pagtambal gamit ang aso sa tabako o ubang herbal na dahon. *Filipino translation:* paraan ng panggagamot gamit ang usok ng tabako at ibang herbal na dahon.

C. LEARNING ACTIVITIES (ANALYSIS)

1. Group Discussion

The teacher will let the students discuss by group. Divide the class into four groups and assign each group a topic to discuss.

- Group 1 – Definition of traditional medicine, importance of traditional medicine and its health benefits
- Group 2 – Lana and the DOH list of medicinal plants and its uses
- Group 3 – The cultural belief of the Bisaya' in mananambal, albularyo, and hilot
- Group 4 – Health and sanitation practices of the western countries (Alternative Medicine)

2. Reporting

Instruct the four groups to report to the class what they discussed in the group. The report will be presented in the following manner:

- Group 1 – Panel Discussion
- Group 2 – Pick-up lines
- Group 3 – Role play
- Group 4 – News Reporting

The teacher will raise questions about the report to the class for further discussion and deeper understanding of the lesson

3. Generalization/Abstraction

- Match Column A Filipino Traditional Medicine with Column B International Alternative Medicine. Write your answer in a ¼ size of paper.

Column A

- Hilot
- Paglângâ ug ilimnon
- Palina
- Pabuhot
- Panghimasmo

Column B

- Biological Based Therapies
- Manipulative and Body Based Method
- Energy Therapy
- Alternative Medical System

Answer

- | | |
|---------------------|-----|
| Hilot | - B |
| Paglângâ ug ilimnon | - A |
| Palina | - D |
| Pabuhot | - D |
| Panghimasmo | - C |

- Instruct the students to form two main ideas or concept that they have learned from the discussions using the words found in the box below.

Traditional	medicine	Filipinos	turn	treatment
is	to	cheaper	and	more
holistic	approach	alleviate	their	pain
or	cure	illness	poor	practitioner

Possible Answers:

- Poor Filipinos turn to traditional medicine to alleviate their pain or cure their illness.
- Traditional medicine is cheaper and is more holistic approach to treatment.

4. Assessment

For a better understanding of the lesson, let the students write the appropriate information inside the boxes below each heading.

Importance of Mananambal, Albularyo, and Hilot	Importance of Herbal Plants	Importance in using Lana as medical treatment

5. Application

1. Herbal plant categorization.

- Bring out the different kinds of herbal leaves the students submitted before the class.
- Show to the class the herbal plant and instruct the students to categorize these based on their medicinal uses.

2. Debate.

Divide the class into two groups and make them to debate on which is the most effective way of healing Filipino, traditional medicine or western medicine.

Other Suggested Output/Activity:

1. Lana Making

- Let the students bring their own coconut milk.
- With the facilities available in the TLE Laboratory the teacher, will demonstrate on how to make Lana.
(Process: 1. Place the coconut milk in a hot pan. 2. Stir the coconut milk until the liquid turns brown and the oil comes out.)
- Under the supervision of the teacher, the students will then make their own lana.

2. Community Re-Exploration

The teacher, with the students, will go around the school community. The class will be divided into three groups to do the following:

- a. Group 1 – Ask the people in the community why they still go to a mananambal, albularyo, and hilot despite the advancement of medical science and technology.
- b. Group 2 – Research on what herbal plants are still available in the community and how people preserve the herbal plants that grow around the community.
- c. Group 3 – Interview the locals on how they prepare and use the medicinal plants around the area in treating the sick.

3: Making a Herbal Plant Garden

Illustration:



Albularyo



Lana



Panghimasmo

DOH List of Medicinal Plants



Tsaang Gubat
(Wild Tea)
for diarrhea



Sambong
(Blumea Camphor)
for kidney stones



Akapulko
(Ringworm bush)
for skin diseases caused by
fungi



Ampalaya
(Bitter melon)
for diabetes mellitus



Bawang
(Garlic)
for high cholesterol level



Ulasimang Bato or Pansit-
Pansitan
(Peperomia)
for high uric acid level that
causes arthritis and gout



Niyug-niyogan
(Burma creeper, Chinese
honey-suckle)
for intestinal worms



Yerba Buena
(Mint)
for body pain



Lagundi
(Five-leaves chaste tree)
for cough, asthma, and
fever

photos credits:

http://www.philippineherbalmedicine.org/doh_herbs.htm
and Sagisag Kultura 2000

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